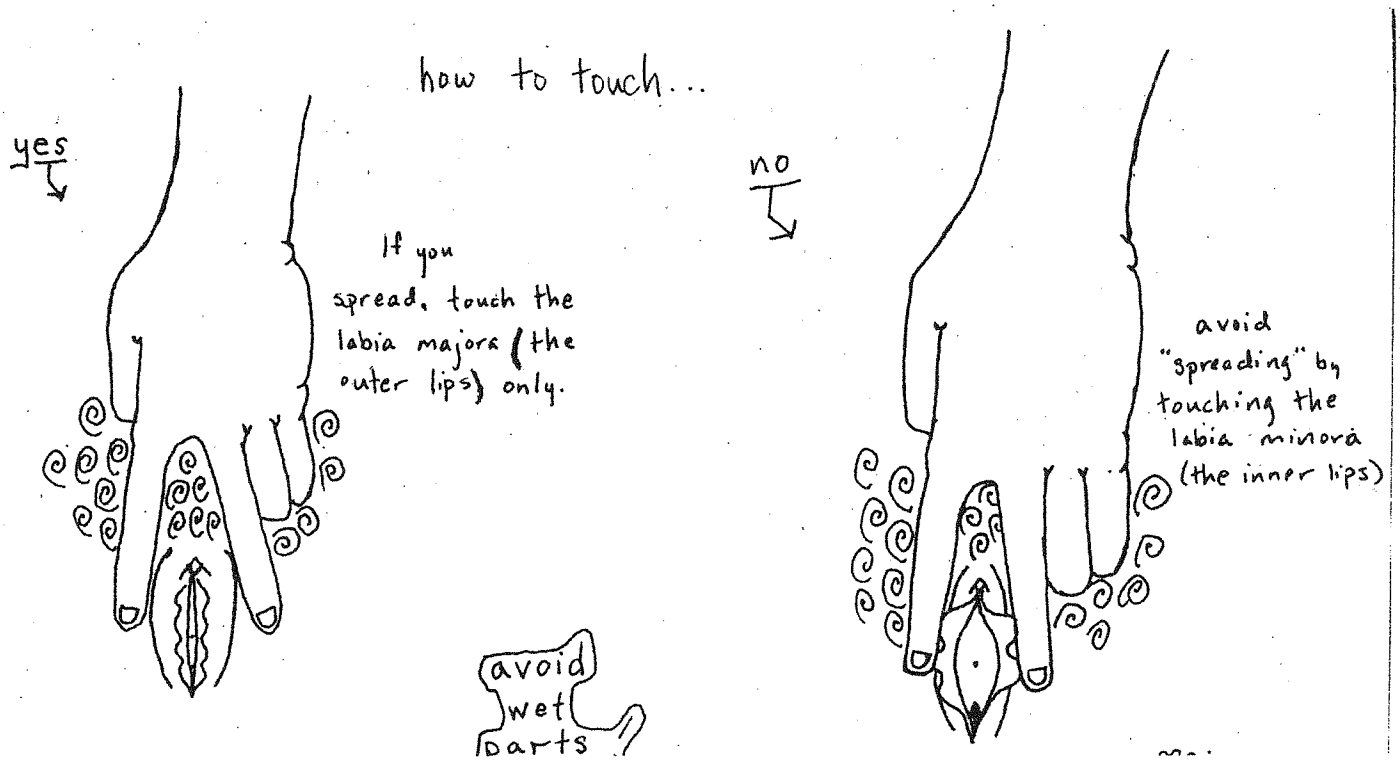
*Cleanliness: **Please wash your hands on every break.** Also if your hands are feeling sticky, remember there is waterless hand cleaner right off stage.

*Awareness: **Be aware of your own bodily fluids and where they are going.** If you notice the bars are sticky after you are done performing for a window, clean them.

*Touching: **Be aware of how you touch yourself on stage.** Avoid leaving your bodily fluids on the bars (i.e. saliva and vaginal fluids). Touch the outer labia, rather than the inner labia.

Please remember, **everyone is entitled to perform without criticism or censure from anyone else as long as the performance is within the standards of the Law and the Performers Handbook.**


how to touch...
yes
If you spread, touch the labia majora (the outer lips) only.
avoid wet parts
no
avoid "spreading" by touching the labia minora (the inner lips)